Global Sexual Functioning: A Single Summary Score for Nowinski and LoPiccolo’s Sexual History Form (SHF)

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Functioning

Scoring for CSFQ-F-C: (Female Clinical Version)

If the female patient obtains a score at or below the following cutoff points* on any of these scales, it is indicative of sexual dysfunction:

<table>
<thead>
<tr>
<th>Scale</th>
<th>Score</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total CSFQ score</td>
<td>41.0</td>
<td>(14 to 70)</td>
</tr>
<tr>
<td>Sexual Desire/Frequency</td>
<td>6.0</td>
<td>(2 to 10)</td>
</tr>
<tr>
<td>Sexual Desire/Interest</td>
<td>9.0</td>
<td>(3 to 15)</td>
</tr>
<tr>
<td>Sexual Pleasure</td>
<td>4.0</td>
<td>(1 to 5)</td>
</tr>
<tr>
<td>Sexual Arousal/Excitement</td>
<td>12.0</td>
<td>(3 to 15)</td>
</tr>
<tr>
<td>Sexual Orgasm/Completion</td>
<td>11.0</td>
<td>(3 to 15)</td>
</tr>
</tbody>
</table>

Scoring for CSFQ-M-C: (Male Clinical Version)

If the male patient obtains a score at or below the following cutoff points* on any of these scales, it is indicative of sexual dysfunction:

<table>
<thead>
<tr>
<th>Scale</th>
<th>Score</th>
<th>Range</th>
</tr>
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<tbody>
<tr>
<td>Total CSFQ score</td>
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<td>(14 to 70)</td>
</tr>
<tr>
<td>Sexual Desire/Frequency</td>
<td>8.0</td>
<td>(2 to 10)</td>
</tr>
<tr>
<td>Sexual Desire/Interest</td>
<td>11.0</td>
<td>(3 to 15)</td>
</tr>
<tr>
<td>Sexual Pleasure</td>
<td>4.0</td>
<td>(1 to 5)</td>
</tr>
<tr>
<td>Sexual Arousal/Excitement</td>
<td>13.0</td>
<td>(3 to 15)</td>
</tr>
<tr>
<td>Sexual Orgasm/Completion</td>
<td>13.0</td>
<td>(3 to 15)</td>
</tr>
</tbody>
</table>

*Based on comparisons of nondepressed participants and clinically depressed patients.

Global Sexual Functioning: A Single Summary Score for Nowinski and LoPiccolo’s Sexual History Form (SHF)

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The Sexual History Form (SHF: Nowinski & LoPiccolo, 1979; Schover & Jensen, 1988) is a questionnaire that evaluates sexual functioning including desire, arousal, orgasm, pain, frequency of sexual activities, and overall sexual satisfaction for men and women. Originally, it was developed for clinical use and to provide standardized data for diagnosis and research (Schover, Friedman, Weiler, Heiman, & LoPiccolo, 1982), and was limited to item-by-item analysis.

We developed a new scoring system that generates a single summary score: Global Sexual Functioning (Creti, Fichten, Libman, Amsel, & Brender, 1988; Creti, Fichten, Libman, Kalogeroopoulos, & Brender, 1987), which is concise and accurate, and reflects overall level of sexual functioning. The questionnaire has been used to describe sexual functioning in different populations, in studies of various medical conditions and procedures, in sex therapy outcome, and in longitudinal assessments of the impact of chronic illness on sexuality (Creti et al., 1998; Desrosiers et al., 2008; Petersen, Ung, Holland, & Quinlivan, 2005; Weber, Walters, Schover, Church, & Piedmonte, 1999).

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Description

The SHF is a self-report measure consisting of 46 multiple-choice items that have variable numbers of response options and different response scales (e.g., Item 1 has 9 options; Item 18 has 6 options). Response options are numbered and have a verbal descriptor corresponding to each number. Normative data are available for individual items (see Creti et al., 1998). Norms have yet to be established for the Global Sexual Functioning score.

Response Mode and Timing

Respondents are asked to circle the number that corresponds to the single most appropriate response for each question. The measure requires approximately 15 minutes to complete.

Scoring

The Global Sexual Functioning score is based on 12 items. Because certain items are relevant only for males, whereas others are relevant only for females, the items used to calculate the male and female scores are somewhat different. These items were selected as representative of various domains of sexual functioning: frequency of sexual activities, sexual desire, arousal, orgasmic, and erectile abilities.

To arrive at the single summary score, SHF items are grouped into a 12-item scale; this reflects either male or female global sexual functioning. The single summary score is derived by (a) converting the scores on each of the 12 items to a proportion of the maximum possible value (e.g., if on Item 1, where response options are numbered 1 to 9, the respondent answers “(4) twice a week,” this is converted to 4/9 = .44), (b) summing the 12 proportions, and (c) calculating the mean by dividing the total by the number of items that the respondent is deemed to have answered (usually 12). The resulting mean value, which is the Global Sexual Functioning score, will be greater than 0 and less than 1.

Specified in Table 1 are the items included in the calculation of the Global Sexual Functioning score. For items with an asterisk, responses equaling 6 are considered missing because this response option is have never tried; in this case, the summed proportions are divided not by 12 but by the number of items that are deemed to have been answered (i.e., not missing). The scoring system is summarized in Table 1. Lower scores indicate better functioning.

Reliability

Temporal stability for the GSF ranged from .92 (Creti et al., 1988) to .98 (Libman et al., 1989). Internal consistency ranged from .50 to .70 (Creti et al., 1988).

Validity

Male global sexual functioning. Data reported to date indicate the following: (a) The GSF score can differentiate sexually well-functioning from poorly functioning men, and it is responsive to changes with therapy (Creti et al., 1987; Kalogeropoulos, 1991); (b) the GSF score was found to be logically and significantly related to scores on measures of sexual satisfaction, sexual repertoire, sexual self-efficacy, sexual drive, sexual knowledge, and liberal attitudes (Creti et al. 1987; Creti & Libman, 1989; Meana & Nunnink, 2006); and (c) the GSF score is sensitive to age differences in sexual functioning (Brown et al., 2005; Creti et al., 1987, Creti & Libman, 1989; Libman et al., 1989, Libman et al., 1991).

Female global sexual functioning. Data reported by Creti et al. (1988) indicate that (a) women with diagnosed sexual dysfunction had worse scores (M = .68, SD = .17) than women who were functioning well (M = .49, SD = .14), (b) that younger women (age 21–46) had better scores (M = .46, SD = .03) than older women (age greater than 64; M = .62, SD = .16), and (c) that female GSF scores were logically and significantly correlated with sexual harmony, sexual drive, diversity of sexual repertoire, and sexual satisfaction. Meana and Nunnink (2006) also found significant correlations with sexual satisfaction, fantasies, experiences, and liberal attitudes. The GSF score was also found to be related to the female’s sexual efficacy expectations for her male partner (Creti & Libman, 1989).

Reissing, Binik, Khalif, Cohen, and Amsel (2003) found worse global sexual functioning scores in women with vaginismus and women with vulvar vestibulitis syndrome than in women with no pain (M = 38.00).

Bergeron et al. (2001) found that scores significantly improved from pretreatment to 6-month follow-up in a sample of females who underwent cognitive-behavioral therapy, electromyographic biofeedback, or vestibulometry in the treatment of dyspareunia resulting from vulvar vestibulitis.

The GSF score has also been used to validate the Pelvic Organ Prolapse—Urinary Incontinence Sexual

| TABLE 1 Calculating the Global Sexual Functioning Score |
|---------------------------------|-----------------|-----------------|
| **Male**                         | **Female**      |
| Item no.     | Divide by   | Item no.     | Divide by   |
| 1            | 9            | 1             | 9            |
| 2            | 9            | 2             | 9            |
| 6            | 9            | 6             | 9            |
| 7            | 9            | 7             | 9            |
| 10           | 5            | 16            | 5            |
| 15           | 5            | 23*           | 5            |
| 18           | 6            | 24*           | 5            |
| 19           | 6            | 25*           | 5            |
| 22           | 6            | 26*           | 5            |
| 23*          | 5            | 27*           | 5            |
| 24*          | 5            | 29            | 6            |
| 25*          | 5            | 37*           | 5            |

*Responses equaling 6 are considered missing.

Note: Score as follows: (a) convert scores to proportions, (b) sum proportions, and (c) divide by number of items. Although all items included in the global sexual functioning score are present in the original 28-item version, items have been renumbered in the current 46-item version.
Questionsfunctioning (PISQ; Rogers, Kammerer-Doak, Villarreal, Coates, & Qualls, 2001) and its modified short form (Rogers, Coates, Kammerer-Doak, Khalsa, & Qualls, 2003), an instrument in urogynecology that is specifically designed to measure sexual function in women with pelvic organ prolapse or incontinence.

Psychometric properties for the male and female Global Sexual Functioning scores suggest that these provide a good index of the underlying construct. Even in the absence of norms, the score is useful in research and practice. It allows investigators to classify respondents in terms of level of overall sexual functioning by using a mean or median split.

Other Information

The 28-item version of the SHF has been translated into French (Formulaire d’Histoire Sexuelle) and Spanish (Ávila Escribo, Perez Madruga, Olazabal Ulacia, & Lopez Fidalgo, 2004).

Additional affiliations: Catherine S. Fichten, Dawson College, McGill University; William Brender, Concordia University; Eva Libman, McGill University.

References


Exhibit

Sexual History Form

Please circle the most appropriate response to each question.

1. How frequently do you and your mate have sexual intercourse or activity?
   1) more than once a day
   2) once a day
   3) 3 or 4 times a week
   4) twice a week
   5) once a week
   6) once every two weeks
   7) once a month
   8) less than once a month
   9) not at all
2. How frequently would you like to have sexual intercourse or activity?
1) more than once a day 6) once every two weeks
2) once a day 7) once a month
3) 3 or 4 times a week 8) less than once a month
4) twice a week 9) not at all
5) once a week

3. Who usually initiates sexual intercourse or activity?
1) I always do 4) my mate usually does
2) I usually do 5) my mate always does
3) my mate and I initiate about equally often

4. Who would you ideally like to initiate sexual intercourse or activity?
1) myself, always 4) my mate, usually
2) myself, usually 5) my mate, always
3) my mate and I equally often

5. When your mate makes sexual advances, how do you usually respond?
1) I usually accept with pleasure 3) often refuse
2) accept reluctantly 4) usually refuse

6. How often do you experience sexual desire (this may include wanting to have sex, planning to have sex, feeling frustrated due to lack of sex, etc.)?
1) more than once a day 6) once every two weeks
2) once a day 7) once a month
3) 3 or 4 times a week 8) less than once a month
4) twice a week 9) not at all
5) once a week

7. How often do you masturbate (bring yourself to orgasm in private)?
1) more than once a day 6) once every two weeks
2) once a day 7) once a month
3) 3 or 4 times a week 8) less than once a month
4) twice a week 9) not at all
5) once a week

8. For how long do you and your mate usually engage in sexual foreplay (kissing, petting, etc.) before having intercourse?
1) less than 1 minute 5) 11 to 15 minutes
2) 1 to 3 minutes 6) 16 to 30 minutes
3) 4 to 6 minutes 7) 30 minutes to one hour
4) 7 to 10 minutes

9. How long does intercourse usually last, from entry of the penis to the male’s orgasm/climax?
1) less than 1 minute 6) 11 to 15 minutes
2) 1 to 2 minutes 7) 15 to 20 minutes
3) 2 to 4 minutes 8) 20 to 30 minutes
4) 4 to 7 minutes 9) more than 30 minutes
5) 7 to 10 minutes

10. Does the male ever reach orgasm while he is trying to enter the vagina with his penis?
1) never 4) sometimes (50% of the time)
2) rarely (less than 10% of the time) 5) usually (75% of the time)
3) seldom (less than 25% of the time) 6) nearly always (over 90% of the time)

11. Do you feel that premature ejaculation (rapid climax) is a problem in your sexual relationship?
1) yes 2) no
12. How satisfied are you with the variety of sexual activities in your current sex life? (This includes the different types of kissing and caressing with a partner, different positions for intercourse, etc.)
   1) extremely satisfied
   2) moderately satisfied
   3) slightly satisfied
   4) slightly unsatisfied
   5) moderately unsatisfied
   6) extremely unsatisfied

13. Would you like your lovemaking to include more:
   Breast caressing
   Hand caressing of your genital area
   Oral caressing (kissing) of your genital area
   Different positions for intercourse
   1) yes
   2) no

14. If you would like a certain kind of sexual caress or activity, which way do you typically let your partner know?
   1) I wait to see if my partner will do what I like without my asking
   2) I show my partner what I would like by moving their hand or changing my own position
   3) I tell my partner exactly what I would like

15. How have you typically learned about your partner’s sexual likes and dislikes?
   1) From my partner telling me exactly what they want
   2) From my partner moving my hand or changing their position to signal what they would like me to do
   3) From watching my partner’s reactions during sex
   4) From intuition

16. When you have sex with your mate do you feel sexually aroused (e.g., feeling “turned on,” pleasure, excitement)?
   1) nearly always (over 90% of the time)
   2) usually (about 75% of the time)
   3) sometimes (about 50% of the time)
   4) seldom (about 25% of the time)
   5) never

17. When you have sex with your mate, do you have negative emotional reactions (e.g., fear, disgust, shame or guilt)?
   1) never
   2) rarely (less than 10% of the time)
   3) seldom (less than 25% of the time)
   4) sometimes (50% of the time)
   5) usually (75% of the time)
   6) nearly always (over 90% of the time)

18. Does the male have any trouble getting an erection before intercourse begins?
   1) never
   2) rarely (less than 10% of the time)
   3) seldom (less than 25% of the time)
   4) sometimes (50% of the time)
   5) usually (75% of the time)
   6) nearly always (over 90% of the time)

19. Does the male have any trouble keeping an erection once intercourse has begun?
   1) never
   2) rarely (less than 10% of the time)
   3) seldom (less than 25% of the time)
   4) sometimes (50% of the time)
   5) usually (75% of the time)
   6) nearly always (over 90% of the time)

20. If the male loses an erection, when does that usually happen?
   1) before penetrating to start intercourse
   2) while trying to penetrate
   3) after penetration, during the thrusting of intercourse
   4) not applicable, losing erections is not a problem

21. What is the male’s typical degree of erection during sexual activity?
   1) 0 to 20% of a full erection
   2) 20% to 40% of a full erection
   3) 40% to 60% of a full erection
   4) 60% to 80% of a full erection
   5) 80% to 100% of a full erection

22. Does the male ejaculate (climax) without having a full, hard erection?
   1) never
   2) rarely (less than 10% of the time)
   3) seldom (less than 25% of the time)
   4) sometimes (50% of the time)
   5) usually (75% of the time)
   6) nearly always (over 90% of the time)
23. If you try, is it possible to reach orgasm (sensation of climax) through masturbation?
   1) nearly always (over 90% of the time)  4) seldom (about 25% of the time)
   2) usually (about 75% of the time)        5) never
   3) sometimes (about 50% of the time)      6) have never tried to

24. If you try, is it possible for you to reach orgasm (sensation of climax) through having your genitals caressed by your mate?
   1) nearly always (over 90% of the time)  4) seldom (about 25% of the time)
   2) usually (about 75% of the time)        5) never
   3) sometimes (about 50% of the time)      6) have never tried to

25. If you try, is it possible for you to reach orgasm (sensation of climax) through sexual intercourse?
   1) nearly always (over 90% of the time)  4) seldom (about 25% of the time)
   2) usually (about 75% of the time)        5) never
   3) sometimes (about 50% of the time)      6) have never tried to

26. Can you reach orgasm (sensation of climax) through stimulation of your genitals by an electric vibrator or any other means (i.e., running water, rubbing with some object, etc.)?
   1) nearly always (over 90% of the time)  4) seldom (about 25% of the time)
   2) usually (about 75% of the time)        5) never
   3) sometimes (about 50% of the time)      6) have never tried to

27. (Women only) Can you reach orgasm during sexual intercourse if, at the same time, your genitals are being caressed (by yourself or your mate with a vibrator, etc.)?
   1) nearly always (over 90% of the time)  4) seldom (about 25% of the time)
   2) usually (about 75% of the time)        5) never
   3) sometimes (about 50% of the time)      6) have never tried to

28. Have you noticed a change in the intensity and pleasure of your orgasm?
   1) much more intense and pleasurable than in the past  4) somewhat less intense and pleasurable than in the past
   2) somewhat more intense and pleasurable than in the past 5) much less intense and pleasurable than in the past
   3) the same as in the past

29. Is the female’s vagina so “dry” or “tight” that intercourse cannot occur?
   1) never  4) sometimes (50% of the time)
   2) rarely (less than 10% of the time)         5) usually (75% of the time)
   3) seldom (less than 25% of the time)         6) nearly always (over 90% of the time)

30. Do you feel pain in your genitals (sexual parts) during intercourse?
   1) never  4) sometimes (50% of the time)
   2) rarely (less than 10% of the time)         5) usually (75% of the time)
   3) seldom (less than 25% of the time)         6) nearly always (over 90% of the time)

31. How often does pain (genital or nongenital) interfere with your ability to feel sexual pleasure?
   1) never  4) sometimes (50% of the time)
   2) rarely (less than 10% of the time)         5) usually (75% of the time)
   3) seldom (less than 25% of the time)         6) nearly always (over 90% of the time)

32. Have you noticed a change in the sensitivity to touch of your genitals?
   1) much more sensitive than in the past  4) somewhat less sensitive than in the past
   2) somewhat more sensitive than in the past 5) much less sensitive than in the past
   3) about as sensitive as in the past

33. Overall, how satisfactory to you is your sexual relationship with your mate?
   1) extremely unsatisfactory  4) slightly satisfactory
   2) moderately unsatisfactory  5) moderately satisfactory
   3) slightly unsatisfactory       6) extremely satisfactory
34. **Overall, how satisfactory do you think your sexual relationship is to your mate?**
   1) extremely unsatisfactory
   2) moderately unsatisfactory
   3) slightly unsatisfactory
   4) slightly satisfactory
   5) moderately satisfactory
   6) extremely satisfactory

35. Do you feel that your partner plays a part in causing a problem in your sex life?
   1) yes
   2) no

36. If your lovemaking does not go well, how does your partner usually react?
   1) accepting and understanding
   2) frustrated or annoyed
   3) anxious and blaming self
   4) neutral or uncaring

37. (Women only, men go on to Question 38) When you have sex with your mate (including foreplay and intercourse) do you notice some of these things happening: your breathing and pulse speed up, wetness in your vagina, pleasurable sensations in your breasts and genitals?
   1) nearly always (over 90% of the time)
   2) usually (about 75% of the time)
   3) sometimes (about 50% of the time)
   4) seldom (about 25% of the time)
   5) never
   6) have never tried to

38. (Men only) How often do you wake from sleep with a firm erection (including times when you wake up needing to urinate)?
   1) daily
   2) 3–4 times a week
   3) 1–2 times a week
   4) once every 2 weeks
   5) once a month
   6) less than once a month
   7) never

39. (Men only) How often do you wake from sleep with a partial (semisoft) erection?
   1) daily
   2) 3–4 times a week
   3) 1–2 times a week
   4) once every 2 weeks
   5) once a month
   6) less than once a month
   7) never

40. (Men only) How often are you able to get and keep a firm erection in your own masturbation (self-touch in private)?
   1) nearly always, over 90% of the time
   2) usually, 75% of the time
   3) sometimes, 50% of the time
   4) seldom, less than 25% of the time
   5) rarely, less than 10% of the time
   6) never
   7) have not tried masturbation in the past 6 months

41. (Men only) What is your typical degree of erection during masturbation (self-touch in private)?
   1) 0% to 20% of a full erection
   2) 20% to 40% of a full erection
   3) 40% to 60% of a full erection
   4) 60% to 80% of a full erection
   5) 80% to 100% of a full erection

42. (Men only) Do you feel your erect penis has an abnormal curve to it, or have you noticed a lump or “knot” on your penis?
   1) yes
   2) no

43. (Men only) Do you believe your penis is abnormally small?
   1) yes
   2) no

44. (Men only) How does the amount of ejaculate (liquid or semen) now compare to the amount you ejaculated in the past?
   1) much greater than in the past
   2) somewhat greater than in the past
   3) about the same as in the past
   4) somewhat less than in the past
   5) much less than in the past
   6) I do not know

45. (Men only) Do you ever have the sensation of orgasm (climax) without any ejaculation of fluid?
   1) never
   2) rarely, less than 10% of the time
   3) seldom, less than 25% of the time
   4) sometimes, about 50% of the time
   5) usually, about 75% of the time
   6) nearly always, over 90% of the time
Derogatis Interview for Sexual Functioning

LEONARD R. DEROGATIS, Clinical Psychometric Research, Inc.

The Derogatis Interview for Sexual Functioning (DISF) is a brief semistructured interview designed to provide an estimate of the quality of an individual’s current sexual functioning in quantitative terms. The DISF represents quality of current sexual functioning in a multidomain format, which to some degree parallels the phases of the sexual response cycle (Masters & Johnson, 1966). The 26 interview items of the DISF are arranged into five domains of sexual functioning: I. Sexual Cognition/Fantasy, II. Sexual Arousal, III. Sexual Behavior/Experience, IV. Orgasm, and V. Sexual Drive/Relationship. In addition, the DISF total score is computed, summarizing quality of sexual functioning across the five primary DISF domains. There are distinct gender-keyed versions for men and women.

In addition to the DISF interview, there is a distinct self-report version of the test known as the DISF-SR. The DISF-SR is also composed of 26 items and was designed to be as comparable to the DISF interview as possible. With slight modifications in format, the DISF-SR may also be utilized to gain evaluations of the patient’s sexual performance by the patient’s spouse.

The DISF and DISF-SR were developed to address the unmet need for a set of brief, gender-keyed, multidimensional outcome measures that would represent the status of an individual’s current sexual functioning, and do so at multiple levels of interpretation. The DISF/DISF-SR are designed to be interpreted at three distinct levels: the discrete item level (e.g., “A full erection upon awakening,” “Your ability to have an orgasm,”) the functional domain level (e.g., sexual arousal score), and the global summary level (e.g., DISF/DISF-SR total score). Because the DISF interview and the DISF-SR self-report inventory are matched on an almost item-for-item basis, clinician and patient assessments of the patient’s quality of sexual functioning may be obtained in both raw and standardized score formats. Both instruments may be used repeatedly throughout efficacy or effectiveness trials, or may be implemented solely at pre- and post-intervention without significant “practice” effects or loss of validity.

Norms have been developed for both the DISF and the DISF/SR, based in each case on several hundred nonpatient community respondents. The norms are gender-keyed (i.e., separate norms for men and women) and are represented as standardized scores in terms of area t-scores. The area standardized score possesses distinct advantages over the simple linear transformation in that the former provides accurate percentile equivalents (i.e., t-score of 30 = 2nd centile; t-score of 40 = 16th centile; t-score of 50 = 50th centile; t-score of 60 = 84th centile; t-score of 70 = 98th centile, etc.). This important characteristic is not true of linear t-scores except when the underlying raw score distribution is perfectly normal. In addition to enabling accurate comparisons across respondents, area t-scores also facilitate meaningful comparisons of strengths and weaknesses within a respondent’s profile of sexual functioning. A patient may reveal a relatively unremarkable profile with the exception of a profound decrement in a single functional domain, or may show a low-grade degradation of performance across multiple areas of functioning. Because DISF/DISF-SR domain scores are available in an equivalent standardized metric, such evaluations can help pinpoint the nature and extent of sexual dysfunctions.

Response Mode and Timing

The DISF and the DISF-SR are each comprised of 26 items. In the case of the former, items are cast in the format of a semistructured interview, structured via 4-point Likert-type

Note. Items 1, 2, 6, 7, 10, 16, 18, 19, 22, 23, 24, 25, 26, 27, 29, and 37 are used to compute the global sexual functioning score.